

**METHODS AND COMPOSITIONS FOR THE IMPROVEMENT OF INSULIN
SENSITIVITY, REDUCTION OF HYPERGLYCEMIA, AND REDUCTION OF
HYPERCHOLESTEROLEMIA WITH CHROMIUM COMPLEXES AND ALPHA
LIPOIC ACID**

Abstract of the Disclosure

A composition for improving insulin sensitivity, reducing hyperglycemia, and reducing hypercholesterolemia, the composition including at least one chromium complex and alpha-lipoic acid is disclosed. A method of improving insulin sensitivity in a subject in need thereof including administering to a subject a pharmaceutically effective dose of alpha-lipoic acid in conjunction with at least one chromium complex selected from the group consisting of chromium picolinate, chromium nicotinate, chromic tripicolinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts is also provided.

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